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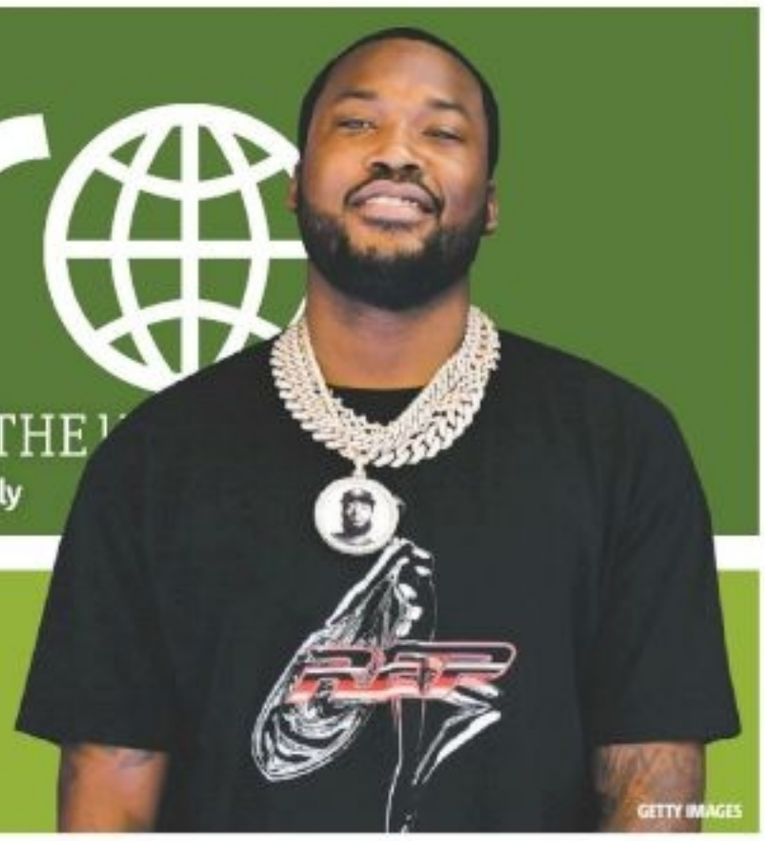

GETTY IMAGES

## MEEK MILL IN COURT

**The rapper is seeking to have a 2008 conviction overturned. 4**

**Extreme heat wave to stifle Philly over the next several days. 6**

**Pop in this weekend to a unique Philly pop-up: 'The Oval.' 14-15**


Rachmaninoff in the Park

WITH THE PHILADELPHIA ORCHESTRA

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JULY 23

theMann.



SUGAR HOUSE CASINO

metro BET

The British Open can win you $3 million. 18


# STIR CHARLES

**Sixers legend Charles Barkley got the pot stirring on Tuesday, telling ESPN that Joel Embiid needs to "get his fat butt in shape" and Ben Simmons to work on his game. 19**

PHOTO ILLUSTRATION GETTY IMAGES

8 THINGS TO KNOW

# R. Kelly denied bail on charges of sex crimes over two decades

REUTERS

Prosecutors brought 18 indictments against the R&B singer.

R&B singer R. Kelly pleaded not guilty on Tuesday to a raft of federal charges accusing him of running a scheme to force women and girls to provide sex for himself and others, and a judge ordered that he remain in jail without bail.

A federal judge said the main reason he was denying bail was obstruction of justice charges, part of a multi-count indictment unveiled on Friday in Chicago and New York.

Wearing an orange prison jumpsuit and handcuffed at a hearing in federal court, R. Kelly entered his plea of not guilty and answered "yes, sir," to all of U.S. District Judge Harry Leinenweber's questions. He made no eye contact with supporters in the Chicago courtroom.

"Kelly is an extreme danger to the community, especially teenage girls," federal prosecutor Angel Kroll argued. "Mr. Kelly has done extensive obstruction of justice."

Prosecutors brought 18 indictments against the Grammy Award-winning artist with allegations he preyed on teenagers and young women for two decades, forcing them into sexual acts.

Kelly and his entourage are accused of paying hundreds of thousands of dollars in bribes, using intimidation and even giving a car to one victim to keep them quiet, all part of the obstruction of justice charges.

The singer's lawyer Steve Greenberg has said the charges stem from "decades-old" conduct and were already part of an existing Illinois sexual assault case or previous allegations that resulted in Kelly's acquittal.

Greenberg said R. Kelly was not a flight risk as he spent all his time in his one-bedroom apartment on the 48th floor of the Trump Tower in Chicago and had no money.

"If he was going to flee he would have done so already," Greenberg said in court.

Two women who say they've been in a consensual relationship with R. Kelly were at the hearing, but did not speak in court or comment to reporters.

The women, Joycelyn Savage and Azriel Clary, expressed their support for the singer this week in a video posted on entertainment news site TMZ.

Best known for his hits "Bump n' Grind" and "I Believe I Can Fly," R. Kelly faces a maximum prison sentence of over 190 years for the Chicago charges and decades more for those filed in New York. He is already fighting sexual assault charges in Illinois that could put him behind bars for up to 30 years.

The singer and record producer faces charges dating back as far as 1998 for counts ranging from enticing a minor, to producing child pornography and obstruction of justice.

> **"Kelly is an extreme danger to the community, especially teenage girls."**
>
> Federal prosecutor Angel Kroll

Celebrity lawyer Michael Avenatti, who says he represents three of Kelly's victims, on Monday said the singer paid over $2 million to keep one young woman off the stand in his 2008 trial on child pornography charges, in which he was acquitted.

"The difference between his old cases and now is that his victims are cooperating with law enforcement," said prosecutor Kroll. REUTERS

## Three dead, four missing in Canada float plane crash

**2** Three people were dead and four missing after a float plane crashed into a lake in a remote part of northeastern Canada, a charter airline service said on Tuesday. Seven people were aboard the de Havilland DHC-2 Beaver plane operated by Air Saguenay, a small charter airline based in Quebec. The plane crashed in Labrador, part of Newfoundland and Labrador on the eastern coast of Canada. The seven people aboard were the pilot, two guides and four passengers on a fishing expedition. When the airplane had not arrived by 8 p.m., the airline began emergency procedures, including sending a second plane on a search mission. After an unsuccessful hour, the company notified the Joint Rescue Coordination Centre (JRCC), the arm of the Canadian military responsible for search and rescue, which sent out a C-130 Hercules plane at around midnight. REUTERS

## Former tenant charged in killing of civil rights activist

**3** A former tenant of a Baton Rouge civil rights activist has been arrested and charged with her murder, police said on Tuesday. Baton Rouge detectives arrested Ron Jermaine Bell in the killing of Sadie Roberts-Joseph, 75, whose body was found stuffed in the trunk of her car on Friday afternoon, Police Chief Murphy Paul told a news conference. Bell was one of Roberts-Joseph's tenants and was behind on about $1,200 in rent, Paul said. The suspect was already in jail in East Baton Rouge Parish for failing to register as a sex offender when police linked him to the murder, said Sheriff Sid J. Gautreaux, III, at the same news conference. Roberts-Joseph's death was ruled a homicide by the East Baton Rouge Parish Coroner's Office on Monday. A preliminary summary of the autopsy found that her death was caused by "traumatic asphyxia, including suffocation." REUTERS

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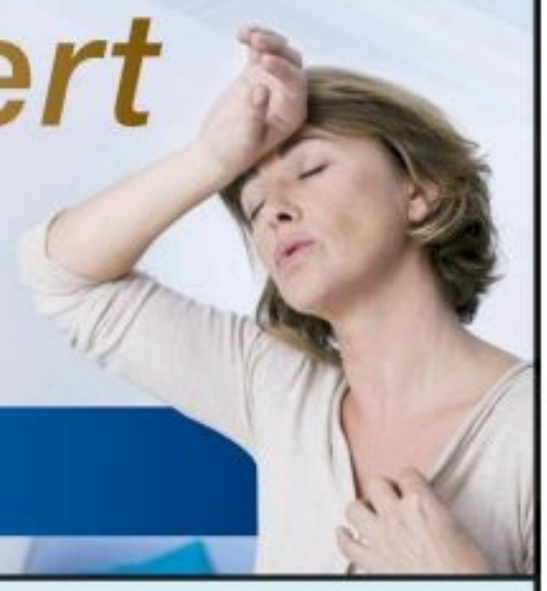

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# Meek Mill seeks new trial to end decade-long probation

The rapper did not speak during Tuesday's session.

Rapper Meek Mill arrives for a hearing at court in Philadelphia on Tuesday. REUTERS IMAGES

Lawyers for Meek Mill on Tuesday asked a Pennsylvania appeals court to overturn a 2008 drugs and gun conviction that has kept the rapper on probation for a decade and made him a celebrity advocate for U.S. criminal justice reform.

Defense lawyers said the Philadelphia judge who has long overseen Meek Mill's case is no longer impartial and has become overly involved in his life, once visiting a homeless shelter to check he was doing mandated community service.

Attorney Kim Watterson also said the sole witness against Meek Mill at his 2008 trial was a discredited drug squad officer who is no longer with the Philadelphia police force.

A city prosecutor agreed with Watterson, supporting her request for a new trial and new judge for the artist known for hits like "All Eyes on You" and "Going Bad."

"There is more than a substantial record that this judge acted as prosecutor, advocate, cross-examined witnesses, and made herself a fact witness," said Watterson, calling for the recusal of judge Genece Brinkley.

Prosecutor Paul George, arguing for the Philadelphia District Attorney's Office, said it was standard practice to hold a new trial when an officer deemed a "critical witness" was subsequently deemed untrustworthy by a police force.

He urged the three-judge panel to replace Brinkley.

"The standard is to disqualify a judge when a significant majority of the community might question a judge's impartiality," George said.

Meek Mill, 32, whose legal name is Robert Williams, appeared in court wearing a dark suit and did not speak during the hearing.

The three judges made few comments but appeared favorable to both defense and prosecution positions.

Judge Jack Panella pointed out that there were other officers present at the time of Meek Mill's alleged drug offenses who could testify.

In November 2017 Brinkley sentenced the rapper to up to four years in prison, saying a pair of arrests violated probation conditions she set following his 2008 convictions.

The arrests, one for popping a wheelie while shooting a New York City music video, did not result in convictions.

The hefty sentence became a cause celebre for musicians, celebrities and criminal justice reform campaigners who said it was typical of a U.S. legal system that treats persons of color unjustly.

Meek Mill was jailed for five months before the state's top court granted him bail. REUTERS

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# Garner family blasts courts as chokehold cop avoids charges

The police officer who put Eric Garner in a fatal chokehold during an attempted 2014 arrest, fueling the rise of the Black Lives Matter movement, will not face federal criminal charges, Brooklyn's top federal prosecutor said Tuesday.

Garner's death on a sidewalk during an arrest for allegedly selling untaxed cigarettes, and his gasped final words "I can't breathe" caught on bystander video, played a key role in the rise of the movement decrying excessive use of force by police officers against black men and teens in the United States.

Garner's family immediately blasted the decision clearing Daniel Pantaleo, the officer who put Garner in a prohibited chokehold, in a news conference as a betrayal.

U.S. Attorney Richard Donoghue confirmed the decision at a news conference.

> **"The DOJ has failed us. Five years ago, my son said 'I can't breathe' 11 times, and today we can't breathe because they let us down."**
>
> Gwen Carr,
> Eric Garner's mother

"The death of Eric Garner was a tragedy," Donoghue said. "The job of the federal prosecutor, however, is not to let our emotions dictate our decisions."

A lengthy Department of Justice review of the incident did not reach a conclusive determination as to whether Pantaleo willfully committed misconduct, an "essential element" necessary to bring federal charges, a senior department official told reporters at a briefing in Washington.

The official confirmed that no New York police officer – not just Pantaleo — will face any charges.

After meeting with federal prosecutors in Brooklyn, members of Garner's family held a news conference with civil rights activist Rev.Al Sharpton.

Gwen Carr, the mother of Eric Garner, speaks to the media after a meeting with Justice Department officials. REUTERS

"The DOJ has failed us," said Garner's mother, Gwen Carr, adding that she wanted to see Pantaleo fired. "Five years ago, my son said 'I can't breathe' 11 times, and today we can't breathe because they let us down."

A New York grand jury in 2014 declined to charge Pantaleo, who has been assigned to desk duty since Garner's death and faced a disciplinary trial in May at New York City Police Department headquarters.

A departmental judge is due to make her recommendations to New York Police Commissioner James O'Neill, who will ultimately decide whether to punish Pantaleo. He could lose vacation days or be fired.

The NYPD said its disciplinary process on Pantaleo will not be affected by the federal prosecutors' decision.

The Civilian Complaint Review Board, the city oversight agency that prosecuted the departmental trial against Pantaleo, called the Justice Department's long-delayed decision "an utter travesty."

"Our last hope for justice in this case lies with the Police Commissioner," CCRB Chairman Fred Davie said in a statement. "CCRB prosecutors presented evidence at trial that showed — unequivocally — that Officer Pantaleo engaged in misconduct worthy of termination." REUTERS

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Man walk in the water as people beat the heat at the fountain of Logan Square, in Philadelphia, PA. GETTY IMAGE

# Dangerous heat wave to hit the Northeast this week

A heat index of 105-110 degrees is expected to strike this week.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A massive heat wave is expected to hit the Northeast this week, forecasters predict.

A majority of the East Coast is expected to be affected by the heat wave through the weekend. Temperatures in New York City and Philadelphia will likely hit a heat index of between 105 and 110 degrees, according to the National Weather Service.

New Yorkers should expect the heat wave to begin Wednesday and last through Monday, July 22. New York City is not under an excessive heat warning, but it is possible for that to change. Forecasters said temperatures in the city will reach the mid- to upper 90s.

The Philadelphia region will get hit a bit harder.

Temps in Philly are expected to reach the high 90s and may spike into the 100s starting Wednesday and lasting through Sunday, the National Weather Service reported. As a result, Philly is under an excessive heat watch, which the National Weather Service defines as a prolonged period of hot temperatures that pose health risks.

"The combination of hot temperatures and high humidity will combine to create a dangerous situation in which heat illnesses are possible," NWS forecasters say.

According to Ready.gov, extreme heat is to blame for the most weather-hazard deaths, annually. Weather.gov defines a heat wave as "a period of unusually hot weather that typically lasts two or more days. To be considered a heat wave, the temperatures have to be outside the historical averages for a given area."

Here's how to stay safe during a heat wave, according to FEMA: Find air conditioning, avoid doing anything strenuous, wear light clothing, check on neighbors and family, drink a ton of fluids, and never leave anyone including your pets in the car. Pay attention to those around you to see if they are suffering from heat illnesses such as heat cramps, heat exhaustion, and heatstroke.

If someone is suffering from heat cramps, they will likely have muscle pains or spasms primarily in their arms, legs or stomachs. To help anyone suffering from heat cramps, FEMA suggests going to a cooler location, removing excess clothing, followed by sipping on cool sports drinks with salt and sugar.

> **"The combination of hot temperatures and high humidity will combine to create a dangerous situation in which heat illnesses are possible."**
> NWS forecasters

In case you're worried someone is suffering from heat exhaustion, some symptoms include: heavy sweating, cramps, sleepiness, weakness, paleness, dizziness, nausea or vomiting, fainting, and headaches. FEMA suggests those suffering from heat exhaustion find a cool location, rest, and hydrate. If symptoms persist for an hour, or get worse, seek medical attention.

If someone is having a heatstroke, they will likely have a high body temperature (over 103 degrees, according to FEMA); skin that is red, hot, dry and has no sweat; a strong pulse; and suffer from confusion. They could be unconscious or dizzy, as well. If someone is suffering from heatstroke, they are urged to go to a hospital or call 911, and cool down while awaiting help.

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A supporter of U.S. President Donald Trump holds a sign reading "Women for Trump". REUTERS

# Trump campaign launches effort to sway women voters

Lara Trump led an event held at a King of Prussia convention center.

President Donald Trump's campaign sought to energize women voters in the battleground state of Pennsylvania on Tuesday, betting a message of economic prosperity will boost support from suburban women uneasy with the direction of the Republican Party.

Lara Trump, the president's daughter-in-law, urged the several hundred women gathered at a casino convention center outside Philadelphia to ask their neighbors whether they have more money in their pockets and are paying less taxes since Trump became president.

"The reality is that for a vast majority of Americans the answer is yes," she told supporters — mostly white women — at the event in the King of Prussia suburb.

Suburban women in congressional districts like the one the Trump campaign visited on Tuesday played a key role in ushering in a Democratic wave of victories in U.S. House of Representatives races in the 2018 congressional elections, robbing Republicans of their majority and delivering a rebuke of Trump.

In Pennsylvania, Democrats won nine congressional seats, the same amount as Republicans, who held a 13-5 advantage before the elections.

According to the Reuters/Ipsos 2018 Election Day poll, 56 percent of suburban women voters in Pennsylvania disapproved of Trump's handling of the country, with 40 percent saying they approved.

"Trump is going to have to figure out a way to cut down on the margins Democrats have in the suburbs if he wants a chance to go back to the White House," said G. Terry Madonna, a political science professor at Franklin & Marshall College in Pennsylvania.

Speakers at the Trump event — including Republican National Committee Chairwoman Ronna McDaniel and Trump campaign manager Brad Parscale — reminded attendees to ignore the polls and the media, saying they underestimate the level of women support for Trump.

> **"Trump is going to have to figure out a way to cut down on the margins Democrats have in the suburbs if he wants a chance to go back to the White House."**
>
> G. Terry Madonna, political science professor at Franklin & Marshall College

Women accounted for roughly half of the campaign's fundraising this year, up significantly from the previous election cycle, the campaign said on Tuesday. Also, woman account for roughly 50 percent of the campaign staff.

The unemployment rate among women recently reached its lowest point since 1953, and 57 percent of the 5.6 million jobs added since Trump has become president have gone to women, the speakers on Tuesday said. REUTERS

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# House condemns Trump's tweets on freshman 'squad'

Nancy Pelosi referred to the comments as "racist."

The House voted on Tuesday to condemn President Donald Trump for racially charged attacks against four Democratic congresswomen of color, a symbolic vote aimed at shaming Trump and his fellow Republicans who stood by him.

Four Republicans joined every Democrat and one independent in voting to rebuke the president for his Sunday tweetstorm, in which he told the group of congresswomen to "go back and help fix the totally broken and crime-infested places from which they came."

President Donald Trump pressured fellow Republicans in the U.S. House of Representatives on Tuesday to support him and vote against a symbolic measure condemning his racially charged attacks on four Democratic congresswomen of color.

Outrage sparked by Trump's Sunday tweetstorm has since diverted attention from all other business in Washington.

All four lawmakers are U.S. citizens; three were born in the United States.

"These comments from the White House are disgraceful and disgusting and these comments are racist," Speaker Nancy Pelosi said on the floor of the House.

Pelosi's speech sparked a two-hour limbo on the floor after Republicans argued she broke debate rules by characterizing the president as racist. House Majority Leader Steny Hoyer eventually ruled that Pelosi had gone too far on the House floor.

Trump and Republican leaders canceled a late-afternoon meeting as the drama wore on.

A relatively small group of Republican lawmakers have spoken out against Trump's tweets about the congresswomen: Alexandria Ocasio-Cortez of New York, Ilhan Omar of Minnesota, Ayanna Pressley of Massachusetts and Rashida Tlaib of Michigan.

Their criticism has been muted. But the House vote will force them to either stand against their party's leader, who has strong support among conservatives, or effectively defend him.

House Republican leadership recommended members vote against the resolution, which says the House "strongly condemns President Donald Trump's racist comments that have legitimized and increased fear and hatred of new Americans and people of color."

"It's all politics," House Republican Leader Kevin McCarthy told reporters. Trump later retweeted McCarthy's comments and thanked him. REUTERS


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# Judge bans Trump ex-adviser Stone from making social media posts

An irritated federal judge on Tuesday banned President Donald Trump's former adviser Roger Stone from posting on social media after prosecutors accused Stone of violating a gag order by repeatedly discussing his case on his Instagram account.

U.S. District Court Judge Amy Berman Jackson said she would not jail Stone for violating the order, saying holding a contempt hearing, which could result in jail time or a fine, would generate more media attention that could affect potential jurors.

She also blasted Stone and his lawyers.

"Your lawyer had to twist the facts, twist the plain meaning of an order and twist himself into a pretzel" to argue that the posts did not violate her order, the judge told Stone, adding that she could revisit her decision if Stone violates her orders again.

REUTERS

"So what am I supposed to do with you?" Jackson asked, noting she is "wrestling with behavior that has more to do with middle school than a court of law."

During the hearing, Jackson spent about an hour painstakingly reading each one of his posts aloud and asking Stone's attorney Bruce Rogow if they violated her gag order, before taking an hour recess to weigh how she would rule.

One post, she said, featured a photo of Adam Schiff, the Democratic chairman of the House of Representatives Intelligence Committee, next to a meter saying "bullSchiff."

Stone, a longtime Republican political strategist and self-described "agent provocateur" and "dirty trickster," is accused by prosecutors of lying to House Intelligence Committee investigators looking into Russian interference in the 2016 U.S. presidential election, as well as tampering with witnesses.

Jackson said Stone referred to Schiff as a "duplicitous con man" before adding: "If it's Schiff, flush it." The judge then asked if the post was in "contravention" of her order.

Stone is scheduled to go to trial in November after pleading not guilty to federal charges of making false statements to Congress, obstruction and witness tampering as part of former Special Counsel Robert Mueller's investigation. REUTERS

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**SPEAK SOFTLY!**

I don't understand why people carrying on conversations in the street, whether on the phone, or with walking companions, have to speak so loudly. Believe me, no one is interested in your love life, childcare issues, how you hate your job, your latest medical exam, etc., etc.

Keep your business to yourself and help reduce noise pollution.

**Anonymous**, *Metro US reader*

ISTOCK

## metro.us/horoscopes

**Aries** You know what needs to be done, so hop to it. If you have to be told to make a move, you will appear to be incompetent. Consistency, dedication and follow-through are encouraged.

**Taurus** You know what you have to do to make things happen. Leave nothing to chance. If someone challenges you intellectually, don't get angry; you can outsmart him or her.

**Gemini** Don't rely on someone's promise. You'll be disappointed if you are too accommodating or you expect others to be as detail-oriented as you. Stick to rules and regulations.

**Cancer** Take the most interesting path. Doing something unexpected or something that will bring you the most unique experience will be the way to go. Personal improvements will lead to compliments.

**Leo** Your emotions will be difficult to control. Avoid being dramatic when you are at work or dealing with a partnership problem. Making a bold statement or move will be counterproductive.

**Virgo** Do what has to be done and get on with your day. If you labor too long over how to do something, you will run out of time.

**Libra** You may know in your heart what you should or what you want to do, but doing it may not be possible if someone decides to challenge you.

**Scorpio** Approach whatever you decide to do from a unique angle. The less informed others are about your plan, the better. A little romance will bring you closer to a loved one.

**Sagittarius** If you decide to express yourself, do so with honesty and integrity. If you send the wrong message or give a false impression, you'll be asked a lot of questions.

**Capricorn** Take a moment to rearrange things at home. If you are organized, it will be much easier to deal with everyday responsibilities. Romance is in the stars.

**Aquarius** Emotions will swell if you let your anger surface. Take more time to think about the consequences should you decide to engage in an argument with an unpredictable person.

**Pisces** Keep personal matters hidden from people trying to pry into your affairs. Keep people's focus on the positive things you do. EUGENIA LAST

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LIFESTYLE

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Have you ever imagined sleeping in a treehouse? Soon you will be able to do just that thanks to the architect Sigurd Larsen, who is creating an innovative hotel in a small forest of Denmark. The project, called Hotel Løvtag, started in 2018 and is expected to be ready next month. Cabins have a "ground floor" with a double bed, a double sofa bed, kitchen, toilet and shower as well as a rooftop terrace under the canopy. **MWN**

Inside each cabin there is a tree growing in the middle. LØVTAG

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6197 AW19-1032

# Over on 'The Oval'

The Oval opens this Friday. ALL PHOTOS ALBERT YEE

"The Oval" pop-up park opens this Friday with a "Double the Fun" theme.

MOLLY GIVEN
Molly.Given@metro.us

If you are itching for the chance to get outdoors a bit more this sun-kissed season, you're in luck. This weekend marks the opening of one of the most unique pop-ups in the city of Philadelphia: The Oval. The seasonal park takes over Eakins Oval on the Benjamin Franklin Parkway and will remain open for four weeks this summer, from July 19 to Aug. 18.

"After last year's successful expansion down the Benjamin Franklin Parkway, the seventh year of The Oval is going to bring even more family-friendly and free events and activities to Philadelphians and visitors alike," said Philadelphia Mayor Jim Kenney in a release. "Philadelphia Parks & Recreation and Fairmount Park Conservancy work hard to make The Oval bigger, better, and accessible to all of Philadelphia every single summer. I can't wait to see folks out on the Parkway enjoying everything The Oval has to offer for 2019."

The Oval was a huge hit last year in the City of Brotherly Love, and this year the pop-up park has added even more to encourage all visitors to spend more time exploring, creating and making memories. The new additions this year include themed blocks with different activities and experiences. The "Make" block, located in front of the Barnes Foundation, will showcase music rooms, outdoor reading programs and shipping containers transformed into a public space for art and design; the "Hear" block in front of the Rodin Museum will feature unique art installations, stadium seating and a double-decker bus that will function as a music venue and snack stand; and the "Play" block, located in front of Von Colln Park, will offer a pop-up basketball court, badminton, tetherball and ping-pong.

The Oval will be decorated and made up of colorful sculptures that encourage interaction by the artist NDA, and a bright ground mural by Mural Arts Philadelphia artist Felix St. Fort titled "Vector 2." To say this park is one-of-a-kind would be an understatement.

There will also be recognizable favorites returning to the seasonal oasis this year, including a variety of enticing food and beverage trucks in The Oval Beer Garden, the PORT-designed Ribbon Garden, the Mr. Mister spray garden and an oversized sandbox.

"Each year, The Oval offers new and innova-

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The Oval offers a variety of fun activities and classes.

tive ways to experience the Parkway, the gateway to Fairmount Park," said John Gattuso, board president of Fairmount Park Co. Conservancy, in a release. "We're excited to see how residents and visitors alike enjoy The Oval this year, whether it's enjoying a drink and a meal at the beer garden, live music along the Parkway, or a splash under the spray garden."

The Oval will also offer a plethora of fun, interactive and enjoyable activities throughout its four-week run. Each day of the week will fall under a theme including "Wellness Wednesdays" (featuring yoga, kickboxing and more), "Arts & Culture Thursdays" (featuring dance parties, live performances and more), "Friday Food & Flicks" (featuring different film screenings), "Game Day Saturdays" (featuring a variety of pop-up games) and "Sunday Family Fundays" (featuring activities perfect for the whole family).

Opening day (this Friday) will feature live music at the "Hear" block, outdoor reading and music at the "Make" block and a screening of "Black Panther" at the center of the park at 9 p.m., where Radio One and UnityCommunity.com will be providing drummers and stilt walkers. The Oval also encourages Philadelphians to come out in African dress or attire that's reflective of their culture for the screening this Friday.

*The Oval opens this Friday, July 19, at 11 a.m. and will remain open until Aug. 18. For a list of hours for certain activities, a full list of programming and more information, visit theovalphl.org.*

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Property includes the storage unit contents belonging to the following tenants at the following locations:

**Metro Self Storage 2240 Island Ave, Philadelphia, PA 19142 • 215-863-0560**
**The bidding will close on the website StorageTreasures.com and a high bidder will be selected on 7/23/19 at 11:00am.**

Lucille Thomas 0062 , Michelle Ginyard 0130 , Michelle Conquest 1183, Rowan Reid 1273, Robert Johnson 2119, Robert Johnson 2130, Anthony Coleman 2143, Natasha Burgess 2158, Keisha Toomer 2173, Keaira Barber 2182, Kanina Rochester 3128, Jeremiah Montgomery 4104

**Metro Self Storage 1354 Hook Rd, Sharon Hill PA 19079 • 610-583-7867**
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Keith Bell 2, Skee Moving, Hauling & Demolition 59, Mrs. Patricia A Holmes 119, Brian Crawford 146, Adrian Nelson 285, Venus Jones 291, Jeffery Askew 300, Sakeya Auld 326, Sylvia Lee 364, Russell A Clark 378, Michael Stevens 430, Stacy Brown 456, Keith Ruley 473, Charles Langan 492, Jason Fornito 503, Lisa Allen 520, Darrell Wallace 532, Comfort Pitts 543, Precious Sellers 638, Lisa Spanier 604B, Belinda Byrd 630A

**Metro Self Storage 4440 E Bristol Rd, Trevose, PA 19053 • 215-396-1110**
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Joseph F Donohue 3022

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# Feeling flavorful

SouthGate is celebrating its 4 year anniversary with a special menu being offered this week only.

MOLLY GIVEN
Molly.Given@metro.us

Head to SouthGate this week to try their special four-year anniversary menu. BONDFIRE MEDIA

South Street hotspot SouthGate is turning four this year, and in celebration of their anniversary the Korean-American eatery will be serving up a specialty menu until this Sunday, July 21.

Philadelphians can head to SouthGate to indulge in their anniversary menu any night this week, and the restaurant certainly did not hold back on flavor with the delicious dishes— but they did on price. Guests can enjoy three-piece KFC, Seoul hot chicken sliders, bulgogi burger sliders and Banchan duos for only $4 each, throughout the specialty menu's run. SouthGate will also be featuring a mystery beer as an ode to Tangier (the restaurant that was in that location before SouthGate) for the week as well. The mystery beer ($4) comes from a mixed bag of cider, fruity sour, crisp lager or hopped-up IPA options—it's always a complete surprise. If you're not a fan of the element of surprise when it comes to your beverage choices, the eatery will also be featuring a Kirin and soju shot citywide for $4 as well.

The special anniversary menu highlights all of the best qualities of the unique eatery— being colorful in taste, clean in presentation and superb on overall service. To have all of that served at an affordable price is truly a delicious gift wrapped up in a flavorful bow.

SouthGate is not stopping with just a special anniversary menu, the hotspot will also be highlighting a new burger every month starting in July to celebrate National Grilling Month. Their bulgogi burger is already a hit with guests, so it only makes sense for Chef Daniel An to take their burger repertoire up a notch with new monthly additions. This month, be sure to try SouthGate's Kimchi bacon burger made with Kimchi slaw, ranchgochugaru sauce, sharp cheddar, applewood smoked bacon and an enticing side of thick-cut house fries for $15.

If you are in need of a late-night weekend happy hour as well (let's face it, who isn't?)— you are also in luck. On Fridays and Saturdays from 10:30 p.m.-close, SouthGate will offer half-priced drafts, house red and white wine for $6, red and white sangria for $6, the SouthGate citywide (Sapporo and a shot of soju) for $5, plus Banchan for $3, house-cut fries for $4 and the 3-piece KFC for $6. So if you're looking for a unique atmosphere, a special happy hour, a tasty treat this week or you just want to get your burger fix in, be sure to pay a visit to SouthGate. *SouthGate is located at 1801 Lombard St. .For more information visit southgatephilly.com*

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2139 Diana Dow-Hill, Household Goods, Boxes, Furniture, Suitcases, Toys, Appliances, Tools • 2143 Mary Gibson, Household Goods
2219 Ade Way, Household Goods, Boxes, Furniture, Suitcases, Toys, Sporting Goods • 2239 North Storage, Boxes, Furniture, Trunks, Suitcases, Appliances
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# Lou Barlow on Sebadoh's intense new album, 'Act Surprised'

We spoke with the indie-rock legend ahead of the band's show in town next week.

PAT KING
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ALL PHOTOS PROVIDED

For over 30 years, musician and songwriter Lou Barlow has been one of the most hard-working and influential musicians in all of indie rock. Barlow first came on the scene playing bass and acting as the secondary frontman in Dinosaur Jr. behind the distinctive slow drawl and guitar wizardry of the band's leader, J. Mascis. In the late '80s, however, Barlow formed the band Sebadoh, which let him spread his wings as a songwriter more freely. The band recently released their 13th album, "Act Surprised," this past May, which finds them as energized and vital as ever.

While Barlow writes the occasional song or two on each Dinosaur Jr. record that he appears on, Sebadoh acts more as an equal songwriting partnership between Barlow and bassist Jason Loewenstein. For this record, both Barlow and Loewenstein brought songs to the table that reflected both of their views on the current state of the world, as well as songs that provided perspective on difficult times in their lives that they were not able to voice clearly on their 2013 album, "Defend Yourself." In fact, in the time since recording that last album, both Barlow and Loewenstein went through painful divorces with their wives, and have since remarried.

"I found it was a very dark record," says Barlow, looking back on that album. "I had just left my first wife. It had just occurred when we were making that record. It lacked perspective because it was happening as the situation was unfolding. But I think where we are right now, we're both remarried. It's a pretty monumental shift with us. Both of us are lyrically looking outward."

The lyrical content on the album mirrors that completely. The emotional components approach the subjects with wisdom, while the social commentary comes off as informed frustration as opposed to anger for anger's sake. Songs like "See-Saw" find Barlow pleading for a society that has been desensitized to others' suffering to put down their phones for enough time to care. "Blame your victim, it's a lazy day," the song goes. "To act on impulse and call it brave."

"To me, that's a song about people losing compassion," says Barlow by phone. "It is about communication and this strange period that we're in where people are adjusting to the effects of social media on their lives. It's a very mixed-up time."

These intense emotions carry over to the music, as "Act Surprised" is the most energized and on-fire the band has sounded in years. But with Barlow's busy schedule with Dinosaur Jr., he wasn't sure if there would even be another Sebadoh record, let alone one as fantastic as this one.

"I was not optimistic, that's all I can say!" Barlow says with a laugh. "There were some intervening years where I didn't know if we could reconvene. Luckily we did. We're over the 10-year mark now just as playing together. It takes a long time for a band — at least in my experience, it takes a while before you really intuitively play with each other. I knew this band had some great instrumental strengths and I really hoped that we could capture the energy in a crackling environment. Just someplace where we could capture the energy of the three-piece. The right analogy would be some kind of plant or a tree, I don't know [laughs]. I think of it in terms of a macadamia bush, for instance. The valued macadamia nut is delicious, buttery and nutritious. But the factoid is that I think it takes 17 years before they produce the nut. You plant them and you have to have patience and wait until it bears this amazing thing. I guess with us, I knew that in the beginning."

With all of the constant hard work Barlow has put in over the years, he has barely had the time to poke his head above water to notice the profound effect his waves have created after he jumped into playing music. To keep up this water metaphor, he cited a piece of wisdom he once heard from one of alternative music's forefathers: Mike Watt of the Minutemen.

"Mike Watt has a really cool way of describing this as it's just this river," says Barlow. "It's this flowing river of music and inspiration and being a part of that is what you're really after. You're after just being a part of the flow. Then it becomes less about people imitating you and it becomes more about inspiring people in some way. I think with Sebadoh, our inspiration has largely been philosophical. I don't hear bands that sound like Sebadoh in the same way that they sound like Pavement. We haven't had a particular sound. Just to be a part of it is a huge thing and that's kind of it."

*Sebadoh play Underground Arts on Wednesday, July 24.*

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**MATT BURKE**

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

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DraftKings is offering a monumental payout when it comes to the British Open golf tournament this week as it has posted a $3 million contest, available to anyone in the United States.

Here are some of the details.

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**Tiger Woods +1800**
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**Adam Scott +2200**
**Henrik Stenson +2200**
**F. Molinari +2800**
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If you're looking for a darkhorse at **MetroBet.us/Sugar**, take a glance at Matt Kuchar at +4000 (+800 for Top 5 finish). Kuchar is having a career year and comes into The Open relatively hot as he turned in one of the more impressive performances at the Scottish Open last week, turning in an 8-under 63 to grab that tournament's early lead. Kuchar was also a top 20 finisher in the U.S. Open, PGA Championship and The Masters. He has won two tournaments this season in the Sony Open and the Mayakoba Golf Classic, as well.

***The play: $10 on Matt Kuchar at +800 Top 5 finish***

**TWEET OF THE DAY**

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I know while Tiger Woods is waking up at 1 a.m. to train for The Open, somewhere in the world Brooks Koepka just shotgunned his 8th beer.

## Best Bets

## Phillies vs. Dodgers game pick

Over bettors should go back to the Citizens Bank Park well on Wednesday as Kenta Maeda (7-6, 3.82 ERA) and the Dodgers take on Nick Pivetta (4-4, 5.81 ERA) and the Phillies. Maeda has been reliable at home for the Dodgers this year but on the road he's 2-4 with an alarming 5.44 ERA in 10 starts. His opponent batting average outside of L.A. this year is .241 compared to .165 at Dodger Stadium. Bryce Harper is 0-for-3 against Maeda but J.T. Realmuto, Cesar Hernandez and Jean Segura are a combined 14-for-44 (.318) with three home runs off the Japanese-born right-hander. Pivetta has had a rough go of it in his last five starts, pitching to a 6.99 ERA. His WHIP in that span is a bloated 1.624. The Dodgers' high-powered offense is sixth in road offense this season at 5.36 runs per game. Look for center fielder Alex Verdugo, batting .462 with two home runs in his last seven games to keep the momentum going.



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***The play: Phillies vs. Dodgers Over***

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Ben Simmons #25 and Joel Embiid #21 of the Philadelphia 76ers

GETTY IMAGES

# Barkley calls out Simmons, Embiid

The NBA legend turned analyst held nothing back in his analysis of two Sixers stars.

JOE PANTORNO
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Charles Barkley is always going to have a special place in the hearts of Philadelphia 76ers fans everywhere after his eight-year stint with the club that included six All-Star appearances.

But the now-56-year-old, who has carved his niche as an NBA analyst on TNT has never been afraid to hold his tongue. Even when it comes to breaking down his former team and, most notably, Joel Embiid and Ben Simmons.

"Joel Embiid has got to get his fat butt in shape, and Ben Simmons has got to work on his game," Barkley said on ESPN's Get Up Tuesday morning.

"When I got to Philadelphia in 1984, the most important person in my life, basketball-wise, said to me 'you fat and you lazy.' And I said 'what do you mean?'" Barkley continued.

"Moses Malone said 'you fat and you lazy.' He made me lose 50 pounds, and the rest is history. I wonder, in Philadelphia, who has the courage and the chutzpah to tell Joel Embiid 'yo man, you've got to get in shape.' I wonder if they have that person on the team, or the person who has to tell Ben Simmons 'yo man, we just gave you $170 million dollars. Please go work on your jump shot.'"

> **"Joel Embiid has got to get his fat butt in shape, and Ben Simmons has got to work on his game."**
>
> Charles Barkley said on ESPN's Get Up

It's a straightforward suggestion even with things are looking up for the 76ers following their heartbreaking elimination from the Eastern Conference semifinals.

Despite losing Jimmy Butler and JJ Redick this summer, the Sixers still found a way to upgrade the roster. They signed Al Horford and picked up Josh Richardson from the Miami Heat in the sign-and-trade deal involving Butler.

On Monday, they secured the long-term future of Simmons by signing him to a max rookie-scale contract extension worth $170 million over five years.

It was a vote of confidence from GM Elton Brand despite there still being some concerns surrounding Simmons' game.

Even with an All-Star selection, the 22-year-old continued to struggle with his jump shot, prompting many to question whether or not he is deserving of such a deal.

Regardless, he is the second budding Sixers cornerstone in the past two years to be bolstered down by the franchise.

Embiid was signed to a five-year, $147.7 million prior to the 2018-19 season.

Even though he's shown the ability to perform at an MVP clip, there are still concerns about the 25-year-old's longevity as injury and conditioning problems have remained a prevalent factor in his career.

Those issues most recently reared their head during the playoffs as Embiid's playing time was limited throughout the first two rounds.

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# NFLPA boss holds firm against 18-game season

DeMaurice Smith further discussed his decision to shoot down the owners' proposal for an 18-game season on Monday.

JOE PANTORNO
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While NFL owners are looking for more football during the regular season, they aren't receiving much support from the players.

Last week saw NFL Player's Association Executive Director DeMaurice Smith shoot down a proposal tabled by team owners to extend the regular-season schedule from 16 to 18 games.

While two extra games would provide the league with billions of dollars in added revenue — as much as $2.5 billion according to the Wall Street Journal — concerns about the players' longevity came into view.

The owners suggested capping each player's participation to just 16 of those 18 games to ensure that their regular-season workload doesn't change.

However, it would be controversial for a team in the thick of a playoff race to have to sit their best player because of league rules.

For Smith, it all circled back to the health of the players.

"We would never contemplate a world where even if you're playing 16 games in 18, that's still two more weeks of practice," Smith told 106.7 The Sports Junkies in Washington, D.C., on Monday. "If the league wants to propose something that decreases injury, increases a player's long-term health care, and decreases their exposure to the type of injuries that we know cause long-term problems, then we'll hear it."

The NFL has constantly fallen under siege by activists looking out for the health of players, which is why Smith has taken such a stern stance on extending the regular season.

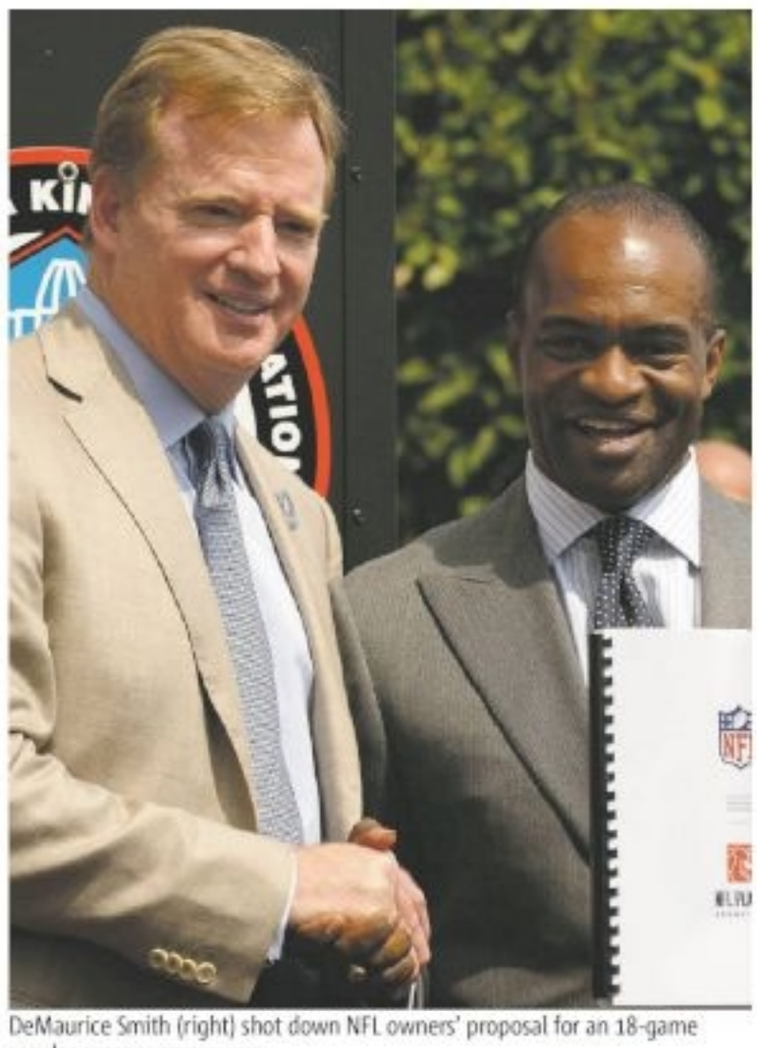
Campaigns to teach a correct way of tackling to avoid head contact or penalizing dangerous hits have done little to subdue the violence within the game.

"I know fans love to talk about ideas like this, but I live in a world where we want to decrease injury, we want to decrease exposure, we want to decrease the chances of long-term injury," Smith said. "We want to increase the type of health care that we've got after football is over. I didn't hear any of that [put] into an 18-game proposal."

The proposal was tabled during negotiations for the league's next collective bargaining agreement. While the current deal expires before the 2021 season, NFL Commissioner Roger Goodell told CNBC that the league would like to have a new CBA in place before the start of the 2019 season.

Rather than add games, Smith is looking to do the opposite. Granted, not in the regular season.

"I look at preseason games as our guys being exposed to injury before the work begins," Smith said. "In 2018, we had 79 preseason concussions before the work began."



DeMaurice Smith (right) shot down NFL owners' proposal for an 18-game regular season. GETTY IMAGES

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# MEDICAL RESEARCH

To advertise call Jennifer Lydon at 215-717-2694 or email jennifer.lydon@metro.us



Penn Medicine Dermatology

VIP Vascular Inflammation in Psoriasis Trial

## Are you living with moderate to severe psoriasis?

### You may be eligible for up to one year of psoriasis treatment at no cost.

Penn Medicine's Department of Dermatology is looking for volunteers for the VIP-A Study, a research study comparing the effect of FDA approved treatments on inflammation in the body and heart disease.

**Study participants who enroll will:**

- Be eligible to receive up to a full year of Apremilast at no cost
- Be seen for study follow up visits to monitor psoriasis at no cost
- Be eligible for compensation up to $600 for time and travel costs
- Contribute to cutting edge psoriasis and heart disease research

For more information:

**215-662-SKIN**

**SKINVIP@UPENN.EDU**

## Do you have atopic dermatitis also known as eczema?

You might qualify for a **clinical study** for a **new investigational medication** to treat **chronic itch** as well as other symptoms of **eczema**.

**Qualified participants will:**

- Be eligible to enroll in an eczema trial at no cost
- Receive study-related care and medication at no charge
- Contribute to eczema treatment research

**For more information, please call**

**1-215-662-6597**

Penn Medicine Dermatology





Penn — University of Pennsylvania

**The Department of Physical Medicine & Rehabilitation is conducting a study involving Persons with Above or Below Knee Amputation**

**INITIAL PROSTHETIC FITTING AND FOLLOW-UP OCCUR AT:**

**Department of Physical Medicine & Rehabilitation**

Penn Medicine at Rittenhouse Bldg., 1st floor
1800 Lombard Street
Philadelphia, PA 19146

Principal Investigator: Dr. Tim Dillingham

**THE PARTICIPANT WILL RECEIVE COMPENSATION FOR THEIR PARTICIPATION AND GET TO KEEP THE PROSTHESIS.**

Volunteers are needed for a research study investigating a new immediate fit prosthesis to determine comfort and functionality.

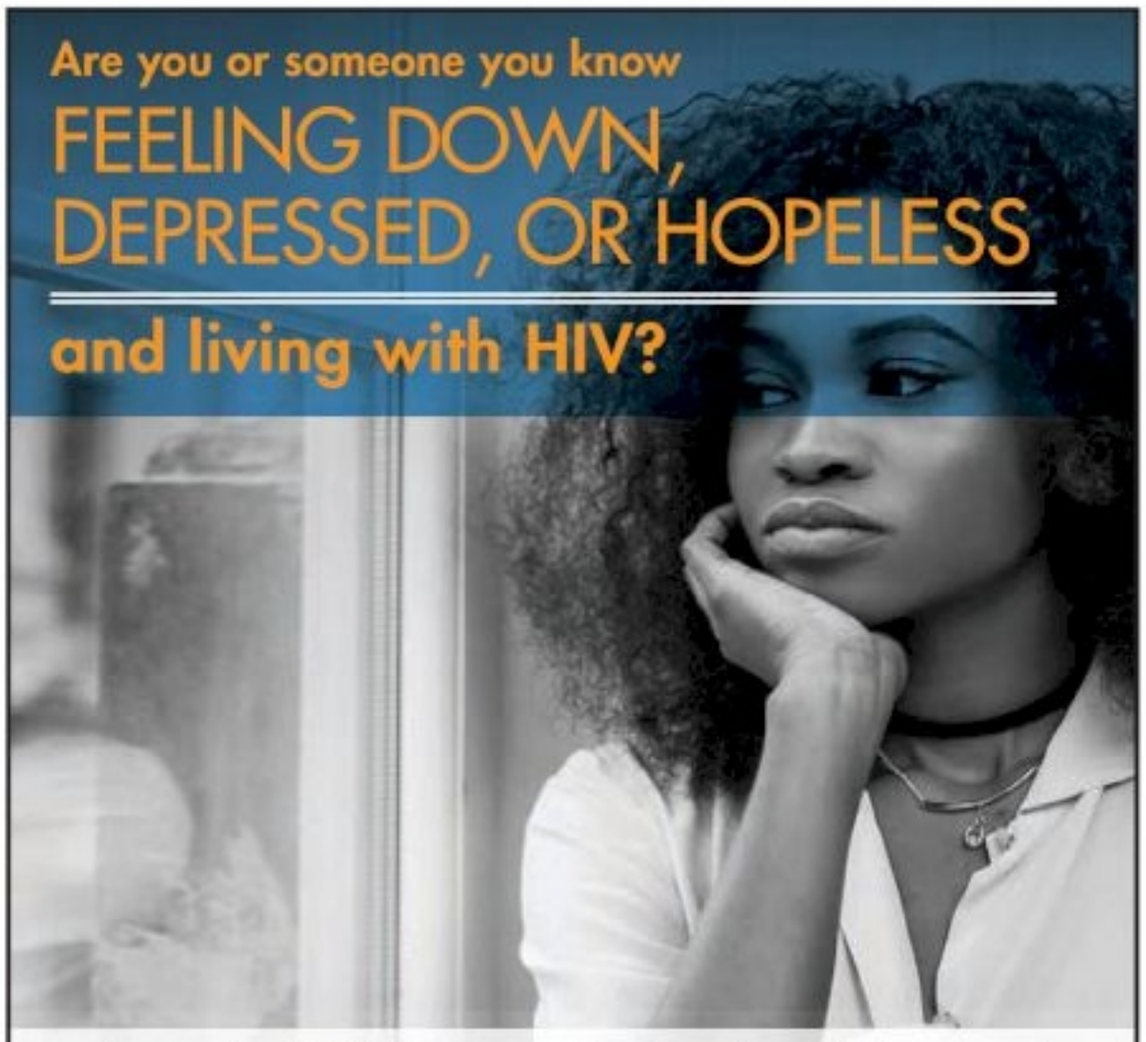
**WE ARE LOOKING FOR MEN AND WOMEN WHO:**

- Persons with above knee or below knee amputation
- Weight under 260 pounds
- Are 18 years or older
- Are currently using a functional prosthesis
- Have no skin ulcerations/ rashes on the limb
- Have no central nervous system disorders such as stroke or brain injury that could interfere with safe walking
- Have no severe phantom or limb pain

**CONTACT KRISTINE LIMA AT 215-893-2679 OR KRISTINE.LIMA@UPHS.UPENN.EDU FOR DETAILS.**








You may be eligible for a research study using an FDA approved medication and therapy at the University of Pennsylvania.
Call us at 215-573-2881.

Must be Between the Ages of 18 - 70 & HIV Positive
10-Week Study • Compensation Provided

Contact Us:
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tides@pennmedicine.upenn.edu

Perelman School of Medicine — University of Pennsylvania

# GAMES

## metro.us/crossword

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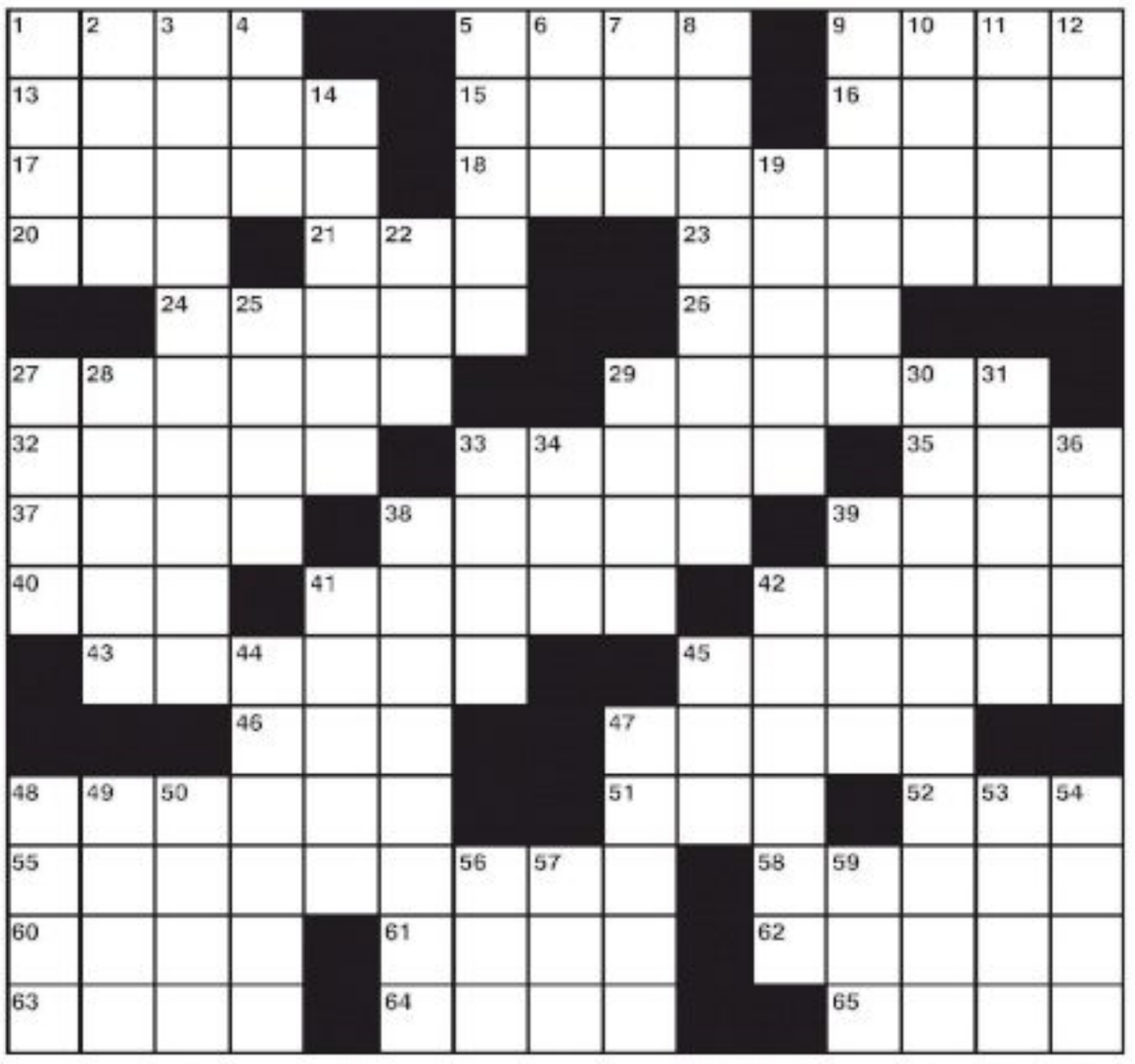
Check your answers at metro.us/games

**ACROSS**
1 Baby bed
5 Jokes
9 __ suey; Chinese restaurant dish
13 Type of eclipse
15 Street uprising
16 Lois __; Clark Kent's love
17 TV's "__ World Turns"
18 Sassiness
20 Sorority letter
21 Sewing aid
23 Ma or Bob
24 __ and groans; complains
26 Mammoth
27 Unimportant details
29 Hydras
32 Passenger
33 Meghan Markle's hubby
35 Holbrook or Linden
37 Simile middle
38 Two points
39 Salad cheese
40 Animal in the house
41 Gifts for little girls
42 Hysterical fright
43 Bring around
45 Royal seat
46 Small number
47 Provide with fresh guns
48 Yell
51 Koch & Marinaro
52 File drawer, perhaps
55 Too muffled to be heard
58 "Sesame Street" character
60 Low
61 Cozy corner
62 Dispensed
63 Jekyll's alter ego
64 Spaces; openings
65 Wingless insect

**DOWN**
1 What fans do
2 Hurry
3 Frighten; cow
4 "__! Humbug!"
5 Happy expressions
6 "Ready, __, fire!"
7 DDE's party
8 Hardheaded
9 Bishops & pastors
10 Aaron or Azaria
11 Storybook start
12 One's equal
14 Fix
19 "Chicago Tribune," for one
22 __ flash; instantly
25 Pizza place
27 Pitfall
28 Early __; one up at dawn
29 Old hands
30 Outstanding
31 Coat lining fabric
33 Golfer's target
34 "__ in a day's work"
36 Frilly trimming
38 Blanketing
39 "Mash" star
41 Ate
42 __ out; got rid of gradually
44 One book from a set
45 Rose Kennedy's youngest
47 Has a strong odor
48 "__ Noon"; Gary Cooper film
49 In name __; nominally
50 Praise
53 Dossier
54 __ kick out of; enjoy
56 Deadly reptile
57 __ off; sever
59 Game caller



BY TCA

## metro.us/wordsearch

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| A | D | V | E | N | T | U | R | E | T |
| A | N | A | H | E | I | M | C | O | R |
| M | A | T | T | E | R | H | O | R | N |
| I | L | I | A | R | O | N | O | M | A |
| N | Y | D | I | W | T | P | I | E | P |
| N | E | L | E | O | W | C | T | L | R |
| I | N | A | W | S | K | V | U | T | E |
| E | S | N | D | E | U | T | N | S | T |
| R | I | O | Y | F | O | O | G | A | E |
| W | D | D | C | I | G | A | M | C | P |

Adventure
Anaheim
Castle
Disneyland
Donald
Goofy
Magic
Matterhorn
Mickey
Minnie
Monorail
Mouse
Peter Pan
Pluto
Toontown

## metro.us/wander

**Category: Author**

| | | | |
|---|---|---|---|
| U | H | T | E |
| R | C | R | L |
| N | O | A | Y |
| A | N | D | O |

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

## metro.us/sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | 1 | 9 | | 8 | | | |
| | 4 | 3 | | 5 | | | 8 | |
| | | | 4 | | | 7 | | |
| | 9 | | | | 6 | | | 8 |
| | 6 | | 2 | | 9 | | 7 | |
| 1 | | | 5 | | | | 9 | |
| | | 6 | | | 4 | | | |
| | 7 | | | 1 | | 8 | 5 | |
| | | | 7 | | 5 | 4 | 2 | |

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| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | C | T | | | S | A | G | A | S | | C | H | A | P |
| R | U | E | S | | P | R | I | D | E | | H | O | U | R |
| C | L | A | P | | A | G | R | E | E | | A | L | S | O |
| | P | R | O | T | R | U | D | E | D | | S | E | T | S |
| | | | N | O | S | E | | | L | I | E | | | |
| P | R | A | G | U | E | | G | R | I | N | D | I | N | G |
| R | A | R | E | R | | F | L | A | N | K | | C | U | R |
| O | V | E | R | | S | L | A | N | G | | T | I | D | E |
| B | E | N | | M | O | U | N | T | | L | U | N | G | E |
| E | N | A | M | O | R | E | D | | T | A | R | G | E | T |
| | | | A | B | C | | | D | I | S | K | | | |
| E | B | B | S | | E | S | S | E | N | T | I | A | L | |
| L | E | A | K | | R | I | L | L | S | | S | W | A | N |
| M | A | D | E | | E | L | A | T | E | | H | A | T | E |
| S | U | E | D | | R | O | Y | A | L | | | Y | E | T |

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